

# SEPTEMBER 2019



## Preschool Lunch Menu

Lunch Meal Price ..... \$3.25  
 Reduced Price ..... \$0.40



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>2</b></p>	<p><b>3</b></p> <p><b>Homestyle Chicken Drumstick</b>                      Side Salad                      Fresh Banana                      Milk</p>	<p><b>4</b></p> <p><b>Pasta with Meat Sauce</b>                      Green Beans                      Orange Wedges                      Milk</p>	<p><b>5</b></p> <p><b>Brunch 4 Lunch: French Toast &amp; Sausage</b>                      Baby Carrots                      Sliced Pears                      Milk</p>	<p><b>6</b></p> <p><b>Mini Corn Dogs</b>                      Corn Kernels                      Fresh Nectarine                      Milk</p>
<p><b>9</b></p> <p><b>Homestyle Chicken Bowl</b>                      Green Peas                      Cantaloupe                      Milk</p>	<p><b>10</b></p> <p><b>Macaroni &amp; Cheese*</b>                      Side Salad                      Fresh Banana                      Milk</p>	<p><b>11</b></p> <p><b>Salisbury Steak &amp; Gravy with Noodles</b>                      Green Beans                      Orange Wedges                      Milk</p>	<p><b>12</b></p> <p><b>Orange Chicken with Rice</b>                      Baby Carrots                      Sliced Pears                      Milk</p>	<p><b>13</b></p> <p><b>Cheese Pizza Slice*</b>                      Corn Kernels                      Fresh Nectarine                      Milk</p>
<p><b>16</b></p> <p><b>Grilled Cheese Sandwich*</b>                      Green Peas                      Cantaloupe                      Milk</p>	<p><b>17</b></p> <p><b>Fish Patty</b>                      Side Salad                      Fresh Banana                      Milk</p>	<p><b>18</b></p> <p><b>Pasta with Meatballs</b>                      Green Beans                      Orange Wedges                      Milk</p>	<p><b>19</b></p> <p><b>Homestyle Chicken Drumstick</b>                      Baby Carrots                      Sliced Pears                      Milk</p>	<p><b>20</b></p> <p><b>Bean &amp; Cheese Burrito*</b>                      Corn Kernels                      Fresh Nectarine                      Milk</p>
<p><b>23</b></p> <p><b>Cheesy Breadsticks with Marinara Dipping Sauce*</b>                      Green Peas                      Fresh Apple                      Milk</p>	<p><b>24</b></p> <p><b>Homestyle Chicken Drumstick</b>                      Side Salad                      Fresh Banana                      Milk</p>	<p><b>25</b></p> <p><b>Pasta with Meat Sauce</b>                      Green Beans                      Orange Wedges                      Milk</p>	<p><b>26</b></p> <p><b>Brunch 4 Lunch: French Toast &amp; Sausage</b>                      Baby Carrots                      Sliced Pears                      Milk</p>	<p><b>27</b></p> <p><b>Mini Corn Dogs</b>                      Corn Kernels                      Fresh Nectarine                      Milk</p>
<p><b>30</b></p> <p><b>Professional Growth Day</b>                      NON-STUDENT DAY</p>		<p><b>Cold Entrée Available Daily:</b>                      Yogurt, Cheese, &amp; Crackers*</p>		

For information about Poway Unified School District meals, such as nutrition details, allergens, featured local produce, and more, visit [powayusdnutrition.com](http://powayusdnutrition.com). Remember to re-apply for free and reduced-price meal benefits each school year. To apply online, visit [myschoolapps.com](http://myschoolapps.com).

 \*Indicates meatless entrees.  
 Indicates gluten free entrees.